



Oysters Rockefeller

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 teaspoon fennel seeds
- ☐ 1 garlic clove
- ☐ 0.5 cup spring onion chopped
- ☐ 24 dozens oysters fresh
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 teaspoon hot sauce hot
- ☐ 2 tablespoons pernod
- ☐ 1 pound rock salt ()

- ☐ 2 cups pkt spinach fresh loosely packed
- ☐ 1 bunch watercress trimmed
- ☐ 0.8 cup butter unsalted room temperature ()

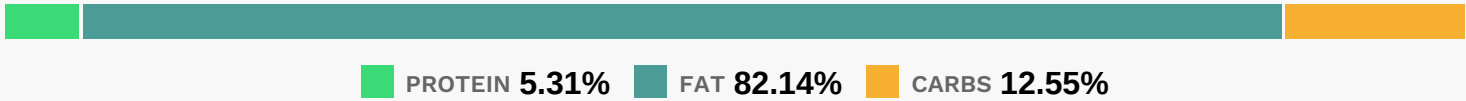
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in top third of oven and preheat to 450°F. Finely chop garlic in processor.
- ☐ Add spinach, watercress and green onions to garlic. Process, using on/off turns, until mixture is finely chopped.
- ☐ Transfer mixture to medium bowl.
- ☐ Combine butter, breadcrumbs, Pernod, fennel and hot sauce in processor. Process until well blended. Return spinach mixture to processor. Process, using on/off turns, just until mixtures are blended. Season with salt and pepper. (Can be made 8 hours ahead. Cover; chill.)
- ☐ Sprinkle rock salt over large baking sheet to depth of 1/2 inch. Arrange oysters in half shells atop rock salt. Top each oyster with 1 tablespoon spinach mixture.
- ☐ Sprinkle with cheese.
- ☐ Bake until spinach mixture browns on top, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:8.6334782994312%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 209.95kcal (10.5%), Fat: 18.65g (28.69%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.65g (2.06%), Sugar: 0.65g (0.73%), Cholesterol: 50.15mg (16.72%), Sodium: 22107.17mg (961.18%), Alcohol: 1.42g (100%), Alcohol %: 1.58% (100%), Protein: 2.71g (5.43%), Vitamin K: 59.02µg (56.21%), Vitamin A: 1427.19IU (28.54%), Zinc: 2.04mg (13.62%), Manganese: 0.24mg (12.15%), Copper: 0.18mg (9.05%), Calcium: 80.55mg (8.06%), Vitamin B12: 0.47µg (7.82%), Folate: 27.21µg (6.8%), Vitamin C: 5.17mg (6.27%), Iron: 1.08mg (6.02%), Selenium: 4.09µg (5.84%), Vitamin B1: 0.08mg (5.48%), Vitamin E: 0.77mg (5.13%), Phosphorus: 49.99mg (5%), Vitamin B2: 0.07mg (4.34%), Magnesium: 14.66mg (3.66%), Potassium: 111.12mg (3.17%), Vitamin B3: 0.61mg (3.05%), Fiber: 0.76g (3.02%), Vitamin D: 0.33µg (2.23%), Vitamin B6: 0.04mg (2.09%), Vitamin B5: 0.1mg (1.02%)